

Suffolk Sportshall Athletics 2021 League Programme for 20 November

U15 Girls.

1.00 Shot

1.15 Standing long jump

1.40 2 laps

2.00 Speed bounce

2.15 4 laps

U13 Girls

1.00 Obstacle Relay

1.15 Speed bounce

1.30 2 laps

1.40 Shot

1.50 Standing long jump

1.55 Paarlauflauf

2.05 Standing triple jump

2.05 4 laps

2.25 4 by 2 relay

U11 girls

2.45 Obstacle Relay

2.55 Standing long jump

3.10 Chest Push

3.20 1 lap

3.30 Speed Bounce

3.45 Standing triple jump

U15 Boys

1.00 Standing long jump

1.15 Shot

1.45 2 laps

2.10 Speed bounce

2.20 4 laps

U13 Boys

1.05 Obstacle Relay

1.20 Speed bounce

1.35 2 laps

1.40 Standing long jump

1.50 Shot

2.00 Paarlauflauf

2.10 Standing triple jump

2.10 4 laps

2.28 4 by 2 relay

U11 boys

2.50 Obstacle Relay

2.55 Chest Push

3.10 Standing long jump

3.25 1 lap

3.30 Standing triple jump

3.45 Speed Bounce

3.50 Paarlauf

4.00 2 laps

4.10 Javelin

4.25 4 by 1 lap

3.55 Paarlauf

4.05 2 laps

4.15 Javelin

4.30 4 by 1 lap

Track Order

1.00. U13 girls obstacle relay

1.05. U13 boys obstacle relay

1.30. U13 girls 2 laps

1.35. U13 boys 2 laps

1.40. U15 girls 2 laps

1.45. U15 boys 2 laps

1.55. U13 girls Paarlauf

2.00. U13 boys Paarlauf

2.05 U13 girls 4 laps

2.10. U13 boys 4 laps

2.15. U15 girls 4 laps

2.20. U15 boys 4 laps

2.25 U13 girls 4 by 2 lap relay

2.28 U13 boys 4 by 2 lap relay

2.30 to 2.45 **BREAK**

2.45 U11 girls Obstacle Relay

2.50 U11 boys Obstacle Relay

3.20 U11 girls 1 lap

3.25 U11 boys 1 lap

3.50 U11 girls Paarlauf

3.55 U11 boys Paarlauf

4.00 U11 girls 2 laps

4.05 U11 boys 2 laps

4.25 U11 girls 4 by 1 lap

4.30. U11 girls 4 by 1 lap

Team managers should arrange separate warm up for their team in the 15 mins period before each session.

Please note race times are subject to change. However, there will be a 15 mins break between sessions. Non scoring teams can enter a relay where, for example, there are just two girls and two boys from the same club in the same age groups.

Track events take priority and team officials should manage movement of athletes between track and field. In field events each athlete should take their three attempts one after the other and each team should complete all their attempts before the next team takes their attempts.